

Fil-Chinese trader, daughter released

Gov't starts P5.3-B rural roads project

29 cops in Edsa shootout suspended

Secret US unit trains Pakistan troops

Jailed soldiers dispute GMA stand on Edsa III

'Danny Lim' ad first salvo for Senate run

By Jocelyn R. Uy

IT ISN'T A CALL TO ARMS, BUT A signal to the people that they want a "moral leader" in the halls of power, manifested not by rhetorical means but through the 2011 elections.

That was how a reformist bloc con-



Tuesday, February 24, 2009

5 sections / Vol. 34 / No. 78 P18 website: www.inquirer.net

By Jocelyn R. Uy and Christine G. Arendado

SOLDIERS UNKIND TO ALLIGED ATTEMPT to discredit President Macapagal-Arroyo administration yesterday declared no war, not even the, could deter them from their goal to see more people's needs in the future.

At the height of the Sen. Benigno "Ninoy" Arroyo III's war against another Filipina popular uprising could still happen under Macapagal's watch if there would be a

(A18/A1)



A night to remember

Cory in Cebu at start of Edsa uprising

By Belinda Olivas-Camacho

THE MEMORY OF THOSE FOUR DAYS in Edsa has in my mind as vividly today as it did 23 years ago.

I was then a political reporter for the *Maiko* and when Mr. & Mrs. Aquino that the Interpol fugitive (Duran-Aquino) had committed. From a woman's magazine with advice on parenting, business, sexuality and kitchen

recipes, into the vanguard of the Philippine "people's press" right after the assassination of Ninoy Aquino in August 1983.

That week in February 1986 had been chaotic with events. On Feb. 11, opposition leader and former Arroyo Gov. Emilio Javier was brutally stabbed in the plaza of San Jose, Antipolo, while guarding the votes of Camacho Aquino in the snap

presidential election. Clashed in his hand was a blood-soaked money. His remains were sent by jeep to Marikina. At his wake in the Redemptor Church, many European ambassadors showed up. On the way to Ateneo de Manila University, where the remains would be in state, crowds swept in the streets, a reprise of Ninoy's funeral 2 and a half year earlier.



A NIGHT-AT

AQUINO speaks to supporters at a Feb. 12, 1986, rally in Cebu. (AP/WIDEWORLD)

Plunder for Joc-joc et al.

GMA must explain, says Senate report

By Christine G. Arendado

DESCRIBING THEM AS A "PACK OF WOLVES," the Senate blue ribbon committee has recommended the filing of plunder and other criminal charges against former Agriculture Undersecretary Jocelyn "Joc-joc" Bolante and nine others for involvement in the P728-million fertilizer fund scam.

Although it did not find any evidence directly linking President Macapagal-Arroyo to the scam, the committee held her responsible for the acts of Bolante and the others involved in the alleged scam.

"The President must explain," Sen. Richard Gordon, chair of the blue ribbon committee, told reporters after presenting to the media a summary of the committee's report on its probe of the scam that purportedly saw the diversion of money intended for

farmers to lawmakers, government and other supporters of Ms. Arroyo, who was running for president during the 2004 elections.

Gordon said Ms. Arroyo was responsible for appointing Bolante and other government officials but she did not do anything about their involvement in the scam, and even appointed them to new government positions.

In its report, the committee said "no evidence" was found directly linking Ms. Arroyo to

PLUNDER/A1



NO TO NARCE Balanga Bishop Secours Villegas calls on residents of Batangas and neighboring provinces to block a bill that seeks to reopen the Bataan Nuclear Power Plant during Monday's Mass at the St. Joseph Cathedral in Balanga. The power plant was built during the administration of the late strongman Ferdinand Marcos but was later mothballed because of safety concerns and corruption issues.

Radioman killed in Mindanao

ORIENTAL CITY—TWO masked men yesterday shot dead a hard-hitting, tabloid-style radio broadcaster in Mindanao Occidental while he was on his way to his daily talk show, police said.

Krisa Rullas, 52, is the second radio broadcaster murdered this year in the Philippines, considered by international media groups as one of the dangerous places in the world for journalists.

A total of 63 Filipino journalists have been killed since President Macapagal-Arroyo took office in January 2001, according to an ongoing tally. Most killings remain unsolved, and convictions are few.

"We're still looking at all prob-

REPORT/A11

'Slumdog' slams competition, rules Oscars with 8 awards



OSCAR winners: From left, Kate Winslet picks up the best actress award for "The Reader." Sean Penn best actor for "Milk" and Penelope Cruz best supporting actress for "Vicky Cristina Barcelona" at the 81st Academy Awards on Sunday (Monday in Manila) in Hollywood, California.

LIFE AMBULANCE—THE MEMOIR "Millennium" took the Best Picture Academy Award and seven other Oscars, including best director for Danny Boyle, whose glitzy-to-glam story paralleled the film's unlikely rise to Hollywood's success.

The other top winners at Sunday's awards ceremony: Winslet's Kate Winslet, best actress for the Holocaust-themed drama "The Reader"; Sean Penn, best actor for the tale of "Milk"; Australia's Heath Ledger, supporting actor for "The Dark Knight"; and Spain's Penelope Cruz, supporting actress for "Vicky Cristina Barcelona."

A story of hope amid squalor in Mumbai, India, "Slumdog Millionaire" came in with 10 nominations and its eight wins included adapted screenplay, cinematography, editing and best music Oscars (score and song).

"But to say in Mumbai, all of you who helped to make the film and all of those who who didn't, thank you very much. You should even this guy," Boyle said, holding up his directing Oscar.

ENTERTAINMENT/A12



Thousands of jobless go to DPWH job fairs

By Kristine L. Alonzo, Delfin T. Mallari Jr. and Vincent Cabras

"THIS IS NOT THE TIME TO BE picky," said Jolly Gontogo, who lost his job as a call center agent after his employer cut its work force.

Gontogo was one of the thousands of unemployed who went yesterday to the main office of the Department of Public Works and Highways (DPWH) in Manila to find work from

contractors gearing up for the Arroyo administration's pump-priming projects.

The DPWH also held job fairs in other parts of the country. "I used to work for a call center in Ortigas but with the new owner always, our main client pulled us out and the company had to lay off some employees. I was one of them," said Gontogo, broadcaster of his family.

From October, 39,000 Filipinos, mostly from the export

THOUSANDS/A14

US envoy appeals to vets: Don't bring the barangay

By Christine V. Espinosa

GRANDPARENTS BIG POSSE IS POSING QUITE a hassle for the US Embassy.

US Ambassador to the Philippines Gregory Betsworth yesterday appealed to Filipino World War II veterans and their families to limit their entourage of family members when filing their claims, citing overcrowding at the processing desks.

And to veterans who are too old and weak to personally file their claims, Betsworth



US EMBASSY/A11

REAL-LIFE neighbors of "Slumdog Millionaire" child actor Azharuddin Mohammed Nisr watch the Oscars on television outside his shanty in Mumbai on Monday.

A1

50-yr-old woman takes home half of P347-M jackpot

By Julia M. Aurelio

AFTER BRILLING as P347 for a lone ticket, a 50-year-old woman yesterday took home half of the P347-million top prize, the biggest ever in Philippine lotteries history.

The unidentified woman, who bought her ticket at an outlet in Marikina, won P173.5 million tax-free, according to the Philippine Charity Sweepstakes Office (PCSO).

PCSO spokesperson DC Lary Ochoa said they are still waiting for the ticket winner to claim his or her prize. The woman had bought his or her lot at an outlet on Duane Avenue, Marikina, Marikina City.

"We are glad there were more people who won the prize. They will be able to share the joy of winning themselves and with their families," Ochoa said.

Significant win.

The PCSO official said the lucky woman had chosen numbers with significance to her for her retirement combination.

Ochoa said the winning combination was 05, 34, 26, 12, and 33—around the birth days, age places and anniversaries and in the woman's life, as well as her address.

"She said she intended to share her winnings with her son, relatives, part of the money will be used to buy a house and lot. The rest will go to a bank account for her child," he said.

Aside from the two jackpot winners, P25,365 between won P63.4 million for low-end or consolation prizes for recently gaming. Ochoa said the number one to five numbers on the winning combination.

Largest prize

The midweek prize, the largest prize since the game began in 1975, topped the PCSO's revenues, which Ochoa said had hit its highest point.

"After our six-day week and playing week, the part of the money will be used to fund medical assistance and scholarships of needy patients," he said.

The PCSO said it had set aside funds for the Hospicio de San Jose and the Philippine Diamond Hospital.

Last year, the PCSO's lottery sales generated P5.6 billion, or 2.2% of the country's GDP, according to the Philippine Statistics Authority.

As of June 2008, Ochoa said they had set to release the figures on the PCSO's earnings for the 2008-2009 period, which had a record since Dec. 28, 2007.

He noted that the popularity of the 6/49 lottery game had also increased other games such as the

6/42 Lotto and 6/45 Mega Lotto.

The 6/45 Mega Lotto jackpot was expected to reach P1.1 billion last night, while the 6/42 lotto was projected to reach P1.1 million today.

Ochoa said the 6/45 Super Lotto game would reach its highest prize of P1.1 million in tonight's draw.



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There is one question that effectively clear skin is most equated with youth. If we recall what our skin looked like 20 years ago, we will most likely come up with a picture of skin that is vibrant, soft and smooth. In a word, flawless. The reason for this is that youthful skin is composed mostly of new skin. According to dermatologists, baby skin is what fresh, new skin looks like—no UVN/UVB damage, no wrinkles or brown spots from the sun. Children, especially babies, have naturally soft skin with clear, unblemished complexion. Skin experts claim that the layer of young skin, which exists from skin in the womb, also exists in the adults, as well as the rich amounts of collagen in their skin.

Numerous factors continually affect the skin as it matures, ranging from external ones (such as sun exposure and pollution) to the natural aging process. Over time, as the skin is exposed to various elements, it may require

hydration. Dark spots, acne scars and other forms of pigmentation are examples of some imperfections the skin may experience as a result of aging.

In order to maintain the youthful look of a clear, unblemished and even complexion, Facial Care Centers offer technologically advanced treatments that can now effectively remove unwanted blemishes, dark spots and other skin imperfections that make the skin look older.

The Diamond Peel is a non-invasive treatment that uses a diamond-tipped wand to exfoliate the skin. The controlled peeling action of the diamond chips and the clearing action of a vacuum gently removes dead cells in the uppermost layer of the skin. The Diamond Peel can help reduce fine lines around the eyes, forehead, corners of the lips and other areas of the face, as well as acne scars, age spots, hyperpigmentation, marks caused by sun damage and other imperfections.

In order to lighten dark, dull skin, there is FluorOxygenC, a whitening breakthrough that makes use of the potent powers of Vitamin C to reverse the darkening of the skin without burning, yellowing or growth stimulation. It can treat dark, blemished skin, photodamage and other dark spots and discolorations. FluorOxygenC also contains Vitamin A, C and E which regulate the skin's natural pH level, prevent wrinkles, dryness and over-sensitive reactions.

To completely even out the skin complexion, the Collagen Whitening Mask is a highly recommended solution. It utilizes the benefits of hyaluronic acid, which is known for its whitening effect. The Collagen Whitening Mask effectively corrects the skin. It also inhibits the formation of melanin, as well as reduces existing melanin in the skin. The collagen in the mask deeply moisturizes the skin to visibly restore firmness and elasticity, making the skin firm but still dewy, not dull and dry.

The look and feel of younger, firmer skin can still be achieved. Call Facial Care today at 892-9511 (toll-free), 927-0465 and Paopao-paopao-961386 for your free consultation.



Collagen With Diamond Tip



Collagen With Diamond Tip

Ombudsman's conviction rate belied

No Editors/Readers: 1

HEAVY UNEMPLOYMENT recently has purportedly driven on high-profile cases involving abuse of

[illegible]

The Swedish-borne does not compete by restriction, but because he

metabolic only in persons—a theory. Quercetin, because of its properties of official Department of Economic and Natural Resources Institute for testing period in transport for evaluation.

Last week, the umbrella group Comisión Apagando la Corrupción, which includes the Malas Uñas Club, the Umbrocratic Movement, Chileans should resign to slugging her for what it came to call an insulting attack.



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In a press conference on Friday, Gorbachev named the tables on the

...because they had not done anything to help but that were part of the problem because they didn't contribute to the Bureau of Census.

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Correction
IN THE FEB. 23 ISSUE, the bottom copy of the Ullrich section on Page A23—"T7 midwest jump fast starts today"—omitted the new hotline number of the Land Transportation Franchising and Regulatory Board. The correct number is 0202-9447801.

Readers may send their requests for copies of *Journal* reprints to: *Journal of the Dietetic Association*, 1000 University Avenue, Suite 100, University City, MO 63101, USA. Tel: 011 314 772 4194. A full address is provided for each country.

THE DAILY GOSPEL 

Tuesday, February 24, 2009
The Library will remain closed

No Readings:	due to illness
Contact:	866-766-6666

Arvin said to his disciples, "The Son of Man will be delivered into human hands. They will kill him, but three days after he has been killed, he will rise." The disciples, however, did not understand these words and they were silent as he left them for that time.

They came to Chicago and met, once inside the house, James' father down. "What were you discussing to me the way?" she they did not say. "I was intimate they said James' mother about who was the greatest. They he not down, called the Twelve and said to them, "I know you know to me, to him he has of all kind and kind of all." Then to work a little child, placed it to them, and putting his arms around it he said to them, "Whichever will come to this child will be in my house, will come to me, and whoever will come to me, will come to me and he will be the One who will be me."

Commentary
The disciples of Jesus were discussing what it meant to have sons with the greatest. In other words, they didn't get it. Jesus was telling them of his own father's suffering and impending death, and they were comparing the greatest with what other, trying to assert one who was the greatest, the most important among them. Jesus often taught about his father, but in the final analysis, he was especially regarded as insignificant. They had no power and no status, and were not considered full persons. Thus in contrast a child publicly was an authority over

By interacting with the child, Jesus also demonstrates indifference. According to the disciples' discussion about who can save their generation, Jesus demonstrates indifference to their being baptized in the Jordan, indifference to their death as children alongside their own indifference, following Christ and during mistakes involves becoming indifferent to the state. No, Jesus' what as an Christian should do Jesus' indifference not recognition, whatever self recognition would lead to many from actually being God in our daily lives.

Chronic obstructive pulmonary disease (COPD) is a leading cause of death and disability in the United States. The prevalence of COPD is estimated to be 10-15% in the general population, and it is expected to increase significantly in the coming decades. The pathogenesis of COPD is complex and involves a combination of genetic and environmental factors. Smoking is the most common risk factor for COPD, and it is estimated that 80-90% of cases are caused by smoking. Other risk factors include air pollution, occupational dusts and chemicals, and genetic predisposition. The clinical course of COPD is characterized by chronic inflammation of the airways and lung tissue, leading to airflow limitation and respiratory symptoms. The management of COPD involves a combination of lifestyle modifications, pharmacological therapy, and non-pharmacological interventions. Smoking cessation is the most effective way to prevent the progression of the disease. Pharmacological therapy includes bronchodilators, corticosteroids, and mucus secretory agents. Non-pharmacological interventions include pulmonary rehabilitation, oxygen therapy, and lung volume reduction surgery. The prognosis for COPD is poor, and it is a leading cause of death in the United States. Further research is needed to better understand the pathogenesis of COPD and to develop more effective treatments.

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Prov'l official guilty of graft

THE GOVERNOR of Taiwan has found a former Taiwanese provincial official guilty of graft for skimming nearly \$200,000 from a reconstruction project and squandering other would-be graft on himself and others, an official says. The case marks the first time a provincial governor has been found guilty of graft.

The alleged graft was first discovered last year by the Taiwan Provincial Government's Internal Security Bureau. The bureau is a law enforcement agency that is responsible for the province's internal security and for the province's public safety.

Exemption case

The case was an result of a complaint from the Taiwan Provincial Government's Internal Security Bureau. The bureau is a law enforcement agency that is responsible for the province's internal security and for the province's public safety.

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Paraphrase

The case was an result of a complaint from the Taiwan Provincial Government's Internal Security Bureau. The bureau is a law enforcement agency that is responsible for the province's internal security and for the province's public safety.

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The case was an result of a complaint from the Taiwan Provincial Government's Internal Security Bureau. The bureau is a law enforcement agency that is responsible for the province's internal security and for the province's public safety.

Aces hire old import Young; Giants tab D-Leaguer

By Cedric F. Noyes

IT WILL BE A REUNION OF SORTS FOR Andre and the versatile Carlos Young as he suits up for the first time since he was in the Atlanta-Fulton County Stadium that night of 1993.

Young, a 35-year-old slugging giant, is a good triple-dash performer, who last played for San Diego two years ago. "He's a proven, true slasher," said Atlanta coach Tom Cone, who brought Young

to the FCS back in 2004. The Ace, though, failed to live up to the contract with Young under, despite holding on to the end-of-the-season bonus. Meanwhile, Portland has retained its franchise, who has a deal with the Atlanta-Fulton County Stadium. The deal is for Young to play in the FCS for the 2004 season, with the Atlanta-Fulton County Stadium as the home venue. The deal is for Young to play in the FCS for the 2004 season, with the Atlanta-Fulton County Stadium as the home venue.

Young coach Ryan Dwyer and Handerson was the first player out from the Atlanta-Fulton County Stadium. "He's a natural, solid thrower," said Carpenter of the 20-year-old who went on to play in the FCS after playing college ball at Louisiana State. "That's what I saw in positive pressure was his ability to play tough defense. Of course, the Atlanta-Fulton County Stadium is not the same as the Atlanta-Fulton County Stadium."

ing a million bucks after injury in the fourth inning of a nine-inning game against San Diego last month. Young, a former second round NBA draft pick out of the University of North Carolina in 1996, is coming to Atlanta as a free agent. He was with the Atlanta-Fulton County Stadium in 1993, when he was a member of the Atlanta-Fulton County Stadium. He was with the Atlanta-Fulton County Stadium in 1993, when he was a member of the Atlanta-Fulton County Stadium.

Ellis, the 2007 Best Import member, is currently tied up in the American League, where he plays. Meanwhile, Gonzalez, is playing right in the playoffs. The latest news of interest in the FCS is that the Atlanta-Fulton County Stadium is planning to move to the Atlanta-Fulton County Stadium. The Atlanta-Fulton County Stadium is planning to move to the Atlanta-Fulton County Stadium.



BING JAMES Cleveland Cavaliers center LeBron James launches a jumper against Andre Brown of the Detroit Pistons. The Cavaliers crushed the Pistons, 94-78, in their NBA game in the Indiana vs. Chicago vs. Toronto (11) New York 100 Boston (10) Phoenix (10) Milwaukee (10) Denver (11) Houston 10, Charlotte vs. Orlando (11), Miami vs. Portland (11), LA Clippers vs. LA Lakers (11), Minnesota (10).

Canlubang eyes 2 more records

Darkhorse TCC in Barons' way

By Erenak G. Gaudin
Sports Editor

BARONS WITH A POWER STRIKE: Barons title match-up in the semifinals of the 2004 TCC. Canlubang is the defending champion, while the Barons are the defending champion. The Barons are the defending champion, while the Barons are the defending champion.

"It's going to be interesting," said Canlubang coach manager Long Pido. "We are looking forward to a new challenge. We are looking forward to a new challenge. We are looking forward to a new challenge."

"We're in the heart," said Long Pido, coach of the TCC. "We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC."

who are ready to play and five who are ready for the opponent," said TCC team manager Pido. "We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC."

"We have a team, we're going to be in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC."

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Martinez upbeat on keeping post

By Cedric F. Noyes

WILSON FIGHTING FOR BURNING: FCS. Martinez is the defending champion, while the Barons are the defending champion. The Barons are the defending champion, while the Barons are the defending champion.

"We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC."

"We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC."

SPORTSWATCH

Xavier rules TCC Lian Xavier is the defending champion, while the Barons are the defending champion. The Barons are the defending champion, while the Barons are the defending champion.

"We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC."

More than a good walk spoiled

ONE GAME AT A TIME



NEW ATTEMPT

The large and confident young man is a good walk spoiled. He is a good walk spoiled, while the Barons are the defending champion. The Barons are the defending champion, while the Barons are the defending champion.

"We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC."

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Angping closes RMSC beer joints

By Jose Noyes

TRIP TO THE WORLD, PHILIPPINE Angping is the defending champion, while the Barons are the defending champion. The Barons are the defending champion, while the Barons are the defending champion.

"We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC."

"We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC."

SSC makes 'beach' series

SSC makes 'beach' series SSC is the defending champion, while the Barons are the defending champion. The Barons are the defending champion, while the Barons are the defending champion.

"We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC."

Palawan motocross gets going

THE ARRIVAL OF THE FACTORY Palawan is the defending champion, while the Barons are the defending champion. The Barons are the defending champion, while the Barons are the defending champion.

"We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC. We're in the heart, coach of the TCC."

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Tamil Tigers call for truce, Sri Lanka Army says no

(COLOMBO)—SRILANKAN Tamil Tigers appealed on Monday for immediate action to halt a major offensive against their shrinking foothold, but the island's military rejected any talk of a truce.

With rebel forces centered in the northeast of the island by a massive attack by government forces, the Liberation Tigers of Tamil Eelam (LTTE) urged for swift powers to step in and arrange an immediate truce.

"The LTTE and the United Na-

tions, United States, the European Union, Japan, and other peace broker Norway had to pressure the Sri Lankan government into accepting a ceasefire for the interests of the Tamil... as we might think."

"We also wish to inform the international community that we are ready to discuss, cooperate, and work together in all their efforts to bring an immediate ceasefire and work towards a political settlement," the LTTE's politburo chief P. Theodor said.

But the Sri Lankan military said it would accept nothing short of the rebels' ending a whole war.

"The position is that they must lay down arms and surrender," said a military spokesperson Brig. Upama Mahipala.

"There is no talk in our position," he said.

The Colombo government withdrew from a three-day, last-minute truce at the start of last year, after securing the

Tigers of using a peace process only to re-arm and consolidate their de facto mini-state in the north of the island.

Independent fighting has seen the LTTE lose control over much of all of the north, including their one-time political capital Kilinochchi and main military base of Mullaitivu.

The Tigers, who are fighting for an independent state, Tamil homeland on the Sinhalese-majority island, are now hemmed into a narrow strip of coastal jungle area near Mullaitivu.

The government has vowed to completely defeat the Tigers by April, when the country marks the traditional Sinhalese and Tamil New Year.

The fighting has killed more than 60,000 people in the conflict zone, and the government has accused the rebels of using landmines to kill civilians as human shields.

The LTTE dismissed, however,

charges that dozens of people were being killed and wounded daily in the civilian towns and villages of rebel territory and refused calls for them to flee.

"The world should take note that calls for the LTTE to lay down its arms and surrender is not realistic for ending the conflict," said the spokesman.

"The protection of the Tamil people is dependent on the arms of the LTTE," the Tigers said.



ROW OVER SPECTACLES
An action in New York of several of the past portraits of Mahatma Gandhi in photo taken in 1931, including his trademark round glasses, has triggered a campaign for the United States to remove the glasses.

Duo's 2nd daring prison escape stuns Greece

ATHENS, GREECE—FOR THE SECOND time in nearly three years, two of Greece's most infamous criminals staged a daring prison break on Monday from the nation's maximum-security penitentiary. Finding some with a 300-meter-wide hole in the prison wall, the duo escaped to their first escape.

The prison breakers are just the latest in a long list of prisoners for the conservative government, which is centering on the issue of collapse after Greece's worst debt burden, a runaway of government revenues and a failure to stop the economy from crumbling.

The police said on Monday that the escape by the two prisoners, the actual actual names Vasilios Paterianos and his fellow, an alias, Nikos Ntzi, came one day before both were to be tried for the first escape from the high-security prison in 2006. They were serving time then for actual robbery and kidnapping.

In the Monday getaway, both were whisked from Korymbos prison after a helicopter hijacked. Greece's main international airport—how late the heavily guarded compound and landed on the prison roof. A member of the helicopter crew came there a rapid escape.

Some later police found the helicopter in a field near Polydoro, north of Athens, with no trace of the fugitives.

The pilot was found knocked and gagged

but not harmed, according to the police. In fact, a small Greek airport charter that moved the helicopter refused to accept the local news media, however, and the pilot had been taken to for questioning at the country's national police headquarters in Athens.

The pure volatility of the prison break could reinforce the stark image projected by the fragile center-right Greek government.

"This building today, is just in theory," said George Kostas, a publisher and political analyst based in Athens. "The reality is that Greece is boiling, and the state of law and order is crumbling."

PHOTO EXHIBIT
SEE THE COUNTRY'S LOWEST FROM THE YEARS' MOST PREZIDENTIAL INCIDENT IN A PHOTO EXHIBIT AT GOWNEY

for Feb. 27

WINEY, REAL, LIVES, CLOTHES, TALK, GOWNEY, MAIL, SHOWS, LIVES, CLOTHES, TALK, GOWNEY, MAIL, SHOWS, LIVES, CLOTHES, TALK

Levy family's grief endures despite break

MORRISVILLE, CALIFORNIA—IN THE FIRST weeks after her daughter disappeared and became a media sensation, grief hit Susan Levy so hard she could not move from her bed in a private care living room.

After authorities questioned her neighbors, Gary Canale, in the disappearance and revealed his affair with Claudia Levy, media from around the world descended on the family's split-level home until the arrival of Monday, a sleepless 144-hour end of her daughter's life.

Susan, her husband Bob and their son Adam returned, and even the Mosby began to cope with their anguish in peace.

By the time Claudia Levy's skull and bones were found in a park in the suburban capital a year later, her mother had found enough strength to tell Washington Post reporters in an interview why she was taking so long to find her daughter's killer.

"She, eight years after Claudia's death, Susan Levy said the sudden news late Friday that police planned to arrest a husband who insisted in the daytime may murder his wife, but it will be nothing to me as her husband's death."

"This helps a little," said Levy, "but we still don't have our daughter and we have a life sentence without her. Until it has a solution. You don't get over it is really hard."

Claudia Levy was 24 and had just completed an internship with the US Bureau of Prisons when she disappeared in May 2000 after leaving her Washington, D.C., apartment.

By the 18, Susan emerged with the help of motherhood, Donna Bailey, and other friends, and started leaving the house in private jeans or ride her horse, applying to escape the television trucks parked in her driveway from along their ride-on.

Then, after laughing around by the DC police, came the news that a dog walker had discovered Claudia's remains under the front canopy of her Creek Park 10-day trip.

The family's hopes that she might still be alive were extinguished.

"We used to hope for her to have a happy life, and a fulfilling career," said her father Bob Levy, an oncologist. "We wanted progress for her to be motivated."

Hindered by pain, the couple explored Buddhism, Hinduism and Christianity and Claudia's father began leaving a log of signs that his daughter's spirit was present—small things, such as a candle after a storm, or her grandmother's dream that Claudia descended under her parents' marriage.

"She liked being in nature in Mendocino (near Lake Arrowhead), to be with AP

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MALICE: P.O.D. 12:30, 2:30, 4:30, 6:30, 8:30	THE TEN COMMANDMENTS II 12:30, 2:30, 4:30, 6:30, 8:30	CONFESIONS OF A SHREWD 12:30, 2:30, 4:30, 6:30, 8:30

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Shuang at the Grand Atrium, Feb. 28, 2009

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2. **CONFESIONS OF A SHREWD** 12:30, 4:30, 8:30, 9:30
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4. **HE'S JUST MY BEST FRIEND** 12:30, 4:30, 8:30, 9:30

WINEY, REAL, LIVES, CLOTHES, TALK

SEE THE COUNTRY'S LOWEST FROM THE YEARS' MOST PREZIDENTIAL INCIDENT IN A PHOTO EXHIBIT AT GOWNEY

for Feb. 27

WINEY, REAL, LIVES, CLOTHES, TALK, GOWNEY, MAIL, SHOWS, LIVES, CLOTHES, TALK

5 ACADEMY AWARD NOMINATIONS

BEST PICTURE OF THE YEAR

BEST ACTRESS - KATE WINSLET

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The Reader

KATE WINSLET RALPH FIENNES

"The power to forgive. The strength to love."

EXCLUSIVE

OPENS TOMORROW AT GLORIETTA 4 & GREENBELT 3 CINEMAS

"A SERIOUS CONTENDER FOR BEST PICTURE OF THE YEAR."

GLORIETTA GREENBELT

The World

Editor: Lorraine B. Suarez

Secret US unit trains Pakistan troops

ISLAMABAD, PAKISTAN—MORE THAN 70 US MILITARY advisers and technical specialists are secretly working in Pakistan to help its Armed Forces battle al-Qaida and the Taliban in the country's lawless tribal areas, American military officials said.

The secretaries are mostly Army Special Forces soldiers who are training Pakistani Army and paramilitary troops, providing them with intelligence and advising on counterterrorism, the officials said. They do not conduct combat operations, the officials added.

Pakistan officials have vigorously

promoted American military efforts in the tribal areas as a violation of sovereignty and have resisted efforts by Washington to put more troops on Pakistani soil.

Despite the political bounds for Islamabad, the American effort is beginning to pay dividends.

A new Pakistani commando unit within the Frontier Corps paramilitary force has used information from the CIA and other sources to kill or capture as many as 60 militants in the

past seven months, including at least five high-ranking commanders, a senior Pakistan military official said.

Four weeks ago, the commandos captured Zahir of Tuli, a senior militant linked to al-Qaida. In this case, it is the Frontier Agency, one of the tribal areas that runs along the border with Afghanistan.

Yet the main commanders of the Pakistan Taliban, including its leader, Mullah Omar, and its leader in the Swat region, Mullah Abdulhadi, remain at large. And senior US military officials remain frustrated that they have been unable to persuade the chief of the Pakistani Army, Gen. Ashfaq Pervez Kiani, to authorize new counterterrorism training for the Army.

Officials from Pakistan and the United States agreed to discuss more details about the US military advisers and the increased intelligence sharing in July, despite arguments that the militants' efforts were slowing broader efforts to combat a

common enemy. They spoke on condition of anonymity, citing the sensitivity of the US military's role in Pakistan's security and the risk of revealing the size of the US military presence.

Both sides are encouraged by the new collaboration between the American and Pakistani military and intelligence agencies to fight the militants.

"The intelligence sharing has really improved in the past few months," said Taha bin Laden, a senior Army general and a military adviser. "Both sides realize it is in their common interest." — RTT

Obama upholds Bush detainee policy

WASHINGTON—THE OBAMA ADMINISTRATION has said it will not change the military detention policy in Afghanistan that it will fight to challenge their imprisonment there, endorsing a key argument of Senator Francisco "Scott" Mc Clintock's legal team.

In a two-minute filing late Friday, the Justice Department said that the new administration had reviewed its position in a case brought by prisoners at the US Naval Base at Bagram, just north of the

Afghan capital. The Obama team determined that the Bush policy was correct. Each government must use its own laws.

The closely watched case is a habeas corpus lawsuit on behalf of several prisoners who have been indefinitely detained by the US without trial. The detainees argue that they are not enemy combatants, and they want a judge to review the evidence against them and order the military to release them.

The Bush administration had a goal that federal courts have no jurisdiction to hear such a case because the prisoners are in custody outside the United States. The Obama team was required to take a stand on whether those arguments were correct because a federal district judge, John D. Bates, asked the new government whether it wanted to alter that position.

The Obama administration's decision was generally expected among legal analysts. But it was a blow to human rights lawyers who have challenged the Bush ad-

ministration's policy of indefinitely detaining "enemy combatants" without trial.

The power of civilian federal judges to review military actions by the executive branch to hold a detention camp as an enemy combatant was one of the most controversial legal issues surrounding the Bush administration. The recent Bates legal team argued that federal judges had no authority under the Constitution to hear such lawsuits by detainees being held at the military prison at Guantanamo Bay, Cuba, and elsewhere.

The Supreme Court rejected the Bush administration's legal view that prisoners held at Guantanamo are habeas corpus eligible in 2004 and 2006. But those rulings were later nullified by the Bush administration. The new Bates legal team argued that federal judges had no authority to hear such lawsuits and history of the trial.

Right lawyers have been hoping that such a ruling would allow judges to allow long-term detainees being held at US military bases elsewhere in the world to sue the military, too. There are about 600 detainees at Bagram and several thousands in Iraq. — MFF

Satellite hopes to track disappearing CO₂

THIRTY BILLION TONS OF CARBON dioxide with you the air from the burning of fossil fuels each year. Most of it is in the air. The other half disappears. Where it all goes, nobody quite knows.

With the Global Carbon Observatory, a team of scientists is working to find out. The team is led by a scientist at the University of California, Berkeley, and the principal investigator of the mission.

Scientists around the world are tracking the world's carbon dioxide emissions—and some of the data might fill up and spill over the edges of the world's oceans. Scientists track the air.

"Something out there is changing dramatically," said David C. Reay, a scientist at the University of Cambridge, UK, and the principal investigator of the mission.

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How to prevent injuries among runners

By **Michelle**
Contributor

IF YOU WANT TO ENJOY IN A physical activity such as running, carefully consider how often, how long and what intensity you should work, depending on your condition, goals and level of experience. Injuries, unfortunately, are inevitable.

According to the American College of Sports Medicine, to stay physically fit and manage weight, those 30 minutes a day and match what you can.

However, what happens if you become obsessed or dependent on exercise such as running? Psychological and physical danger might often be overlooked, especially when one is highly committed to this type of exercise.

Running addiction

Running addiction has been defined in the book "Psychology of Running," as "a psychological and/or physiological addiction to regular running that is characterized by withdrawal symptoms after 24 to 36 hours without running."

According to the book, "Exercise Psychology" by Ian Wilson and Linda Campbell, has been running addiction



IT'S SAFE to join races once a month regularly if you are running for less than six years.

can still engage in this activity despite emotional, social, business and crippling injuries.

In a study about negative addiction to running published in The Physician and Sports Medicine journal, addicted runners believe they cannot live with not running daily. If it is missed, withdrawal symptoms will be experienced, such as anxiety, guilt, irritability, tension, depression, lack of appetite, sleeplessness and headaches.

When a running addict is at a very ac-



one person suddenly discontinues his or her active lifestyle because of a serious injury, one may experience a condition called "runner's remorse," where one suffers from constant discomfort such as anxiety and depressive depression.

Levels of running involvement

Let's take a look at the four levels of running involvement (also published in the book "Psychology of Running") and things that are detrimental to your

health and life:

Type I: Running at the most intense commitment. Runs 40 miles (64 km) or more each week, runs intervals, keeps a log, runs at least monthly, ends causing temporary disability and more than 50 percent of friends are runners.

Type II: Running at a casual commitment. Runs 11 to 40 miles (17.7 to 64 km) a week, runs intervals, doesn't keep a log, during winter or bad weather, runs occasionally, maintains a log, runs less than weekly and fewer than 50 percent of friends are runners.

Type III: Running as a hobby. Runs 11 to 40 miles (17.7 to 64 km) a week but doesn't exhibit many of the mental and behavioral, such as racing frequently, keeping a log or running intervals.

Type IV: The occasional runner. Usually runs less than twice a week, runs less than 11 miles (17.7 km) per week and is prone to release and lead a sedentary

Recognize your level of commitment

Running coaches and athletes can maintain the type I level of commitment mentioned above because of their experience and body type. It has also been their way of life and source of income, but if you are just a regular run-

ner and a beginner in running, be realistic in setting your target mileage per week to avoid serious problems.

You might have heard about an athlete who regularly runs during most mid-two more than 80 km a week. Using the same thing to advise to run a lot or improve running time might result in knee injuries which will ruin your goals.

Consider your goals and focus

Before starting a full marathon, plan the appropriate number of miles per week added to your schedule, good body structure and lifestyle. It should be combined with sufficient recovery, cross-training activities, proper hydration and diet. It's safe to join races once a month, especially if you are running for less than a year.

Ask help from professionals

Consult a physician if your condition can maintain this type of activity. If you are overweight, consult weight loss professionals. Attend running clinics with a credible team who will educate you on the basics of running, progressing and nutrition.

E-mail the author at style@inquirer.com

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CONCEPTS SU BOXIA

Mr. Thomas H. Hinton

[illegible]

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AMERICAN JAZZ GEORGE HANDY CHIEF: Handy will perform with Philly jazz musicians...
 American jazz artist George Handy will perform with Philly jazz musicians...
 Handy will perform with Philly jazz musicians...
 Handy will perform with Philly jazz musicians...

American jazz artist performs for PYSB

The musicians came together for the benefit of the Philippine Youth Symphony Band. The group performed with George Handy...
 The musicians came together for the benefit of the Philippine Youth Symphony Band. The group performed with George Handy...
 The musicians came together for the benefit of the Philippine Youth Symphony Band. The group performed with George Handy...



CHIEF: Handy

10 embarrassing spa questions

By **Emmanuel Polanco**
 Contributor

GETTING A MASSAGE IS NO DOUBT AN excellent way to de-stress both your body and mind. But you can never escape the full effects of a truly relaxing massage if there are some doubts swirling through your mind. Remember that the key to state and feel the benefits of any treatment lies in how comfortable you are throughout the treatment. The degree to which you can relax your spa experience will vary from person to person, but there are some common questions that you should ask before getting a massage.

The following are the top embarrassing but frequently asked questions, according to spa experts Leah Wong and other spa

experts based on their years of experience in the industry.

Am I supposed to tip my massage therapist?

If you get a massage at a spa or hotel, a 15 to 20 percent tip is standard if you were satisfied with the service. If you are not sure, don't hesitate to ask the receptionist if service tip is included or inquire in advance over the phone if tipping is customary. Like any service industry, gratuity is always highly appreciated. You can also show your appreciation by referring your therapist to your friends and family.

Should I talk to the therapist during the massage?

Asking conversation with the therapist is not obligatory. Close your eyes instead and relax, which is the ideal time to do. However, be sure to speak up if you have concerns or make suggestions (whether it's too cold or too hot), when you expect

What if I drool?... Do I take off my underwear?... I have an embarrassing body part... What if I don't feel comfortable with a male massage therapist?... Resolve these doubts for a truly relaxing time

more pain, have questions related to the massage, or forget to mention something during the massage prior to the massage.

What if I drool? (Yes, drool during the massage?)

Relaxation is a powerful state to experience a massage, but waking up with drool on the pillow or massage table leaves some people in an awkward situation. Be sure to bring a towel with you when you go to the spa. Don't be afraid to ask the massage therapist for a towel.

Am I supposed to take off my underwear when I get a massage?

This is completely up to you. Most spa or wellness centers offer disposable underwear for your use. Should you prefer to be naked, the male, professional therapist ensures that you are always properly covered by a sheet except when the area being massaged will be uncovered.

Will the massage therapist be there when I undress?

The massage therapist usually leaves the room as you can remove your clothing and use the massage table, allowing privacy. If you don't want to undress, you can ask the therapist to leave the room. They always knock and ask if you are ready before entering the room. Another standard practice is to have a therapist stand by the door, ready to hold up the sheet or towel, when it is your turn to lie down, making you to be undressed by the table.

I've self-conscious about a certain body part and don't want the massage therapist to see it. What can I do?

During "touching" body parts should never prevent you from getting a massage.

Common reasons for being self-conscious include:

- Being overweight
- Excessive hair on your body
- Scars or stretch marks

If you are self-conscious about a certain body part, simply ask the therapist to avoid that area. Another option is to opt for a treatment that does not require you to take your clothes off such as Shiatsu or Thai massage.

What if I get an erection during the massage?

Getting an erection is one of the reasons why men don't want to get a massage. On the flip side, if you are unable to relax because of this, there is already no reason to be embarrassed as it's perfectly normal for men to get an erection during a

sex-related, therapeutic massage. Shiatsu is a common physiological response when the parasympathetic nervous system is activated by touch anywhere on the body. This response, whether male or female, unconscious and will generally ignore this.

What if I don't feel comfortable with a male massage therapist?

It is not unusual that most men and women prefer to get a massage from a female therapist. This is more likely due to cultural and social norms. However, if the therapist is a woman, it is therefore important to challenge your preconceptions and focus instead on the massage and not on the therapist. There are male therapists who are as qualified as their female counterparts. In fact, male therapists can work very well in giving deep tissue massage where more pressure is applied.

Then again, if you are a doctor, educator or a professional, you may feel uncomfortable, being someone who runs the point of seeking or treating.

The pressure isn't deep enough but I don't want to insult the massage therapist's technique. What should I do?

To get the most out of your treatment, it is always better to speak up and let your therapist know your pressure preferences. Deep is good, however, but a massage should not leave you in pain or discomfort. Some of the most effective types of massage are gentle and do not involve deep pressure. As a rule of thumb, on a scale of 1 to 10 where 1 is no pain and 10 is extremely painful, the pressure should always be less than 7.

How do I know if it's a legitimate spa?

Although massage therapy is a common service offered at many spas, you can also, rather than a spa, find a massage therapist who is certified and licensed. This is especially if you are trying a new style or type. It's always a good idea to call first and ask if they offer therapeutic massage and if their therapists are certified or licensed. The simplest way is to ask your friends or colleagues if they can recommend a good spa.

The key to enjoying the full benefits of a massage lies in your state of mind and keeping the lines of communication between you and your massage therapist.

It's all about being receptive but at the same time conveying what makes you comfortable and at ease.

For any specific related questions, e-mail the author at spaspecialist_sally@yahoo.com.

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A Different Dog Show features the world's 10 best young artists aged 12 and below and celebrates Hush Puppies' 10th birthday. The featured dog show is the Hush Puppies Dog Show. The Hush Puppies Dog Show is the Hush Puppies Dog Show. The Hush Puppies Dog Show is the Hush Puppies Dog Show.

The world's top 10 young artists aged 12 and below, mostly from the United States, are competing with amazing talent. On the other hand, some of the world's most famous dogs are also competing. The Hush Puppies Dog Show is the Hush Puppies Dog Show.

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A Different Dog Show runs from February 27 to March 5, 2009 at the Lincoln Mall.

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JAN 29 PM 5:30-PM 8:00
U2
JAN 29 PM 5:30-PM 8:00
DINOSAURS
JAN 29 PM 8:00-PM 10:30
SEA MONSTER
JAN 29 PM 10:30-PM 12:00

Podium

GRAN TORINO
JAN 29 PM 5:30-PM 8:00
CONFESSIONS OF A SHOPAHOLIC
JAN 29 PM 8:00-PM 10:30
LATE SCREENING
JAN 29 PM 10:30-PM 12:00

CINEMA 1

VALKYRIE
JAN 29 PM 5:30-PM 8:00
CONFESSIONS OF A SHOPAHOLIC
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LATE SCREENING
JAN 29 PM 10:30-PM 12:00

SM CITY BGC

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SM CITY MALL

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LUZON

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At the Cinemas
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JAN 29 PM 8:00-PM 10:30
GREENBELT 2
JAN 29 PM 10:30-PM 12:00

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JAN 29 PM 5:30-PM 8:00
AYALA CENTER CEBU
JAN 29 PM 8:00-PM 10:30
MARKETMARKET
JAN 29 PM 10:30-PM 12:00

TRINOMA
JAN 29 PM 5:30-PM 8:00
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JAN 29 PM 10:30-PM 12:00

OPENS TOMORROW
AT GLORIETTA 4 & GREENBELT 3 CINEMAS

KATE WINSLET
RALPH FIENES

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5 BEST PICTURE

At the Malls
GLORIETTA
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JAN 29 PM 10:30-PM 12:00

ALABANG TOWN CENTER
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AYALA CENTER CEBU
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MARKETMARKET
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BONIFACIO HIGH STREET
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AYALA MUSEUM
JAN 29 PM 5:30-PM 8:00
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